



Chicken & Pesto Sandwich

Ingredients	
Mixed grain bread	2 regular slice
Pesto sauce	2 tablespoon (20mL)
Avocado, raw	0.50 medium avocado (159g)
Chicken, deli cooked, breast	4 thin slice, pre-packed
Baby spinach	0.50 cup (250mL)



Makes 1 Serves (245g per serve)

Meal Time

Lunch

Description

Packed with flavour, this sandwich is also great toasted.

NOTE: Make this recipe gluten-free by swapping the bread for one of the Helga's Gluten Free bread options.

Methods

1. Place the bread slices onto a plate or chopping board.
2. Spread avocado and pesto over one slice of bread.
3. Layer the cooked chicken breast and baby spinach on top of the avocado.
4. Season with pepper if desired before assembling.
5. Cut as desired, and enjoy!

Meal Tags

Simple, Halal Friendly, Mediterranean or Anti-Inflammatory

Nutrition Tags

Low GI, Low Lactose, Egg Free, Seafood Free, High Fibre, High Protein, Small Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	245g	100.00g
Energy (kJ)	2,523kJ	1,030kJ
Protein (g)	20g	8g
Fat (g)	46g	19g
Carbohydrate (g)	27g	11g
Sugar (g)	2g	1g
Fibre (g)	9g	4g
Sodium (mg)	506mg	207mg